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OVERPORT NEWS

From the Principal's Desk.

Celebrating National Reconciliation Month 2017

This month is National Reconciliation month (3rd May to 3rd June). This year it takes on particular significance with two historic milestones in Australia's reconciliation journey. It has been fifty years since the 1967 Referendum – in which Australians voted overwhelmingly to amend the constitution to allow the Commonwealth government to create laws for, and include in the census, Aboriginal people. It's also been 25 years since the Mabo decision – when the High Court ruled that the lands of Australia were not 'terra nullius' or 'land belonging to no-one' upon European colonisation. This established a precedent for the recognition and protection of native title in Australia. To recognise the significance and importance of this Australian milestone, and in particular national Reconciliation week (27th May to 3rd June), we have invited Mr Eric Clarke who is a Koorie Engagement Support Officer through the department to speak at assembly where we will acknowledge the traditional owners of our land. Once our students understand the Welcome to Country and what it means and the related acknowledgement, our intention is for the acknowledgement to become a regular part of our assemblies. Mr Clarke will be attending both junior and senior assembly and we invite you to join.



Sports Parenting in 10 sentences!

At Overport, Mr Lukas and Miss Brennan focus on engagement and skill development. They also actively encourage students get involved in sports at school and encouraging those that show particular talents. Every Tuesday and Thursday mornings at 8.30am, they are now running "Mornings Madness." This includes a range of games and activities that are fun and promote a healthy life style. We encourage you to bring your child to the Netball court at the back of the school on these mornings. We all would like our children to be good at sport and enjoy the healthy benefits that sporting activity provide for both fun and well-being. Within the following tips and suggestions are some great words of encouragement to promote enjoyment in sport for your child.

...continued overleaf

Dates to remember:

MAY—

3/5- National Reconciliation

3/6 Month

24/5 Science Day & OPEN NIGHT

@ 6.00PM

25/5 Choir perform at Karingal Hub

26/5 District Cross Country

29/5 School Council Meeting @

Annual Report—2016.

Our 2016 Annual Report can now be found on our website. The link is:

http://www.overport-ps.vic.edu.au/uploads/1/0/8/4/10847507/ar_20164780update.pdf

Thought of the week:

The right actions in the future are the best apologies for the past!

Tryon Edwards.



1 1

Seb PD, Ashly 4C,
Ebony 3A, Jasmine 6B,
Lily 2C, Nicholas 6C,
Sandra 4B, Alyra PA,
Holly 5D, Luke 6C,
Amelia 2B, Aleksandra
2C, Kegan 6C, Jade 2C,
Maggie 6D, Liam PD,
Torres PE, Brooke 4B,
Daniella 5B, Tim 6D,
Saya 1D, Chad 3C,
Tianna 6D, Ella 3B,
Georgia 4A, Hannah
5D, Sean 4B, Shreya 5B,
Kosta 1B, Ethan 2C,
Matilda 3A, Beau 3D,
Tania 4C, Willow 1B
Thomas 1B, Cherry 2D,
Caleb 5C, Charlie 2D
Ashanti 3B, Cooper 4B,
Evie 3D, Jasmine 4B

Mothers Day— Thank you.

I sincerely hope all
our mums and nanas
had a great Mothers
Day. I would like to
thank all the parents
who helped run our
Mothers Day stall.
The children loved
the opportunity to
buy something
special. I am sure
that these items
were well
appreciated on
Sunday morning.

1 word: Hi. Greet your child when they get in the car with “Hi” before you ask about practice, the score of the game.

2 words: Have fun. In all likelihood you’ve heard this statistic: 70% of kids quit sports before they turn 13 for the primary reason that they are not having fun. Encourage and remind your kids to have fun.

3 words: Tell me more. Before forming an opinion or dispensing advice, ask for more information from your child. This will force them to tell more of the story and give you more information as to what is actually happening.

4 words: Good job. Keep working. Doc Rivers, head coach of the Los Angeles Clippers and parent of a NBA player suggests these four words. Rivers notes that as parents we are often tempted to say more and analyse their kids performance, but saying only this might be what’s best for the kid who simply needs support.

5 words: What’s new in your world? Ask your kids general questions that are not about football. Even if the reply is “nothing” it gives you the opportunity to share something about your day.

6 words: I love to watch you play. Best six words ever.

7 words: So what do you think about that? You know your opinion, so before you jump to tell your child what it is, ask what his/her opinion is. You are not only learning more about what your child thinks but are also helping develop critical thinking skills.

8 words: Is there something I can do to help? Before you give a solution or an action plan, ask if that is what the child really wants. Sometimes all the child wants to do is blow off some steam, and we jump directly to “solving” the problem.

9 words: You are more important to me than your achievements. You may be thinking that of course this is true. But remind your child of it. In the absence of hearing this from you, your children might think that one of the reasons you love them is because of what they do, not because of who they are.

10 words: No matter what, I’m glad that I am your parent. To be loved wholly and completely for exactly who we are, flaws and all, is the greatest gift one person can give another. Please give that gift to your child.

Kind Regards,

Julie Gleeson

Principal.

Year Level Reminders for this week:

Foundation: Remember to keep reading lots of books and practicing letters, sounds and words. Don’t forget to come and visit next Wednesday night to see the Preps STEM challenges

Year 1: We are collecting small plastic water bottles for our science activities. Please collect as many as you can. Thank you.

Year 2: Please bring in some stocking for our science activity.

Year 3: NAPLAN is all finished for this year. Well done everyone on a great job..

Year 4: Keep practising your times tables. 4B were the winners of the first Yr 4 ‘Blitzmaster Bear’. Well done!

Year 5: Great job completing NAPLAN testing last week Year 5, we were very proud of you all.

Year 6: Junior High is off to a great start with the children moving around 4 classrooms and completing some nich learning tasks. Junior High occurs on Wednesdays.

Assistant Principal's Report

The fidget spinner, is it a help or a hindrance to children's' learning?

It is hard not to miss the latest 'toy' taking over classrooms and playground across the state, Overport Primary School is no exception. Fidget spinners have taken off in a big way but are they simply a toy or a helpful part of learning environment? Victoria Prooday an Occupational Therapist claims that for many students fidget toys such as the fidget spinners actually stimulate the brain to a point where the spinning of the toy is craved, to a point where students are less available to engage in the learning process. Instant gratification such as that provided by fidget spinners can lead to our brains being unable to function under lower levels of stimulation. We need to provide our students with opportunities to work through 'down time' and perceived boredom. Here are some suggestions from Victoria Prooday that will minimise your child's need for fidgeting:

- Teach children that "boredom" is a normal state of human emotions.
- Put a conscious effort to train your child's delayed gratification skills. Avoid using technological babysitters in cars and restaurants and train his ability to just sit and wait.
- Limit your child's access to technology. In addition, unplug from your phone and share quality time with your child.
- Offer your child opportunities to spend time outdoors, especially in green space.
- Provide regular opportunities for high intensity, high duration exercises such as biking, hiking.
- Bring calmness into their lives by listening to calm music, having a bath, reading a book, drawing, or playing board games.
- For many of our students fidget toys are not the answer to improving concentration. However, for a small group of students, fidget or sensory toys will improve attentiveness, listening and for some replace inappropriate behaviours. Children such as those with Autism Spectrum Disorder seek movement to calm and process information. For such children a small 'fidget toy' can dramatically improve learning and concentration. It is important for such children that rules are in place for the use of fidget toys such as having set times for use and not distracting to others.

If you have any further questions around fidget toys or Autism Spectrum Disorder please drop by for a chat or read one of the articles listed below.

<http://www.theage.com.au/lifestyle/life-and-relationships/parenting/your-child-mightnt-need-a-fidget-spinner-they-need-to-experience-boredom-20170511-gw2a3c.html>

http://suelarkey.com.au/wp-content/uploads/2015/05/Tip_Sheet_-_Using_Sensory_Tools_to_Improve_Learning_and_Behaviour.pdf



Tess Higgins
Assistant Principal

Extend OSHC at Overport Primary School**Our weekly recap**

This week at Overport Primary School we had a fantastic time! We did so many fun indoor activities, one of our favourites being our balloon animals! We made a lot of different animals but our most popular was definitely a pig!! We also spent a lot of time outdoors playing heaps of fun games, soccer being the highlight of this week's outdoor games.

However our highlight activity for the week was definitely our chocolate crackles! We all loved helping to make them and each having our own step in the recipe and they turned out absolutely delicious!

Courtney Clark, Acting Team Leader

Our Extend Superstar is:

Jordan from 3B... for always helping to pack up and always willing to help her friends pack up and always showing fantastic listening skills.

CALL OUR OFFICE: 1300 366 437

**What's on next week?**

Monday 22 May:

Making stress balls

Tuesday 23 May:

Making dream catchers

Wednesday 24 May:

Chocolate chip muffins

Thursday 25 May:

Netball

Friday 26 May:

Dance competition